Exercise Transition

Ventilatory Threshold (inc breathing,, inc H R, inc sweating)

- point at which ventilation increases much faster then workload

Blood Lactate Acid Levels increase with 70% VO_2

- an increase in aerobic metabolism because aerobic system can not meet energy demands ie conditioning and rate of workload

OBLA curve and Aerobic Training

- OBLA curve shifted to the right with Aerobic Training
- Therefore, will not limit exercise completion
- ie sprinting the full 400m vs 300m

Nov 4-1:20 PM

Lag

- The onset of systems to meet the increased demand are not turned on immediately
- Therefore, an O_2 deficit occurs
- Energy requirements met by Anaerobic System until the Aerobic System can start

Steady State

- at submaximal exercise O_2 uptake and HR level off (demand and delivery are balanced)

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Aerobic Training

- training allows an elite aerobically trained athlete to attain this steady state earlier in activity

EPOC

- post exercise- body must replenish PC Store, increase O_2 levels in the blood, lower elevated HR, lower body temperature and remove lactate- all require O_2

Active vs Passive Recovery

- Active (35% VO_2) needed when blood lactate levels are high post exercise
- Passive required when activity is primarily aerobic

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Nov 8-1:48 PM